				NA 1	Spring	I I				
	ID	II 4	11 0		y and We		1 0	11	11 0	- IDW
Hours 6:00	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW
6:30	+		+	+	+	Marlins	1./		Lora	
7:00	+		+			Swim Team 6:00 - 7:30	6:15-			
7:30						am	0.13-			
8:00								I	T	
8:30										
9:00										
9:30			Aqua aerob							
10:00		S	9:00am-10:00)am						
10:30							Water Exercise for Seniors 10 - 10:45 am Wed only			
11:00			Swim classe	es			10 - 1			
11:30		Mono	days 10:50ar							
12:00			•							
1:00	Swim					E Classes				
1:30	Classes					n - 3:00 pm 2- April 13				
2:00	12:35-1:40				- March I	2- April 13				
2:30										
3:00	1									
3:30	1									
4:00			- :							
4:30										
5:00	Family									
5:30	Swim									
6:00			Classes				Marlin Swim Team			
6:30		4-8:	:45 pm				4	:30pm-7:30)pm	Deep
7:00										Wate
7:30										Aerobi
8:00										6:30-8:1
8:30			to change							

				Rixse	Pool Sc	hedule						
					Spring							
				Tuesda	ay and T	hrusday						
Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW		
6:00												
6:30					L4swimming.org							
7:00					6:15 -7:15 am							
7:30							T	T	1			
8:00							1	+				
8:30 9:00	Family	, Swim										
9:30	Faililly	JWIIII					Δαus	Aquatic Exercise/Seniors				
10:00							Aqua					
10:30	1	Water Wal	king class	10:30-								
11:00			11:30 am					T				
11:30					TOW 5	F 01						
12:00						E Classes n - 3:00 pm	Mac	Masters 12:30-1:30 pm				
1:00						2- April 13	Ivias					
2:00												
2:30						<u> </u>						
3:00	+			<u> </u>								
3:30	Th	nerapeutic R	ec					1				
4:00		0-5:00 pm T		\vdash		+				TCW Water Polo 4:00 -		
4:30	-							Potomac Marlins Swim Team				
5:00 5:30	0	Swim classe)C				Potom					
6:00	4	l:00-6:30 pr						4:30pm-7:00pm				
6:30	4	σσ-σ.σσ μι	11				-	4.30рш-7.00рш				
7:00		,	Aqua Aerobio	CS .								
7:30			6:30-8:30pn									
8:00						1						
8:30												

Please note: Schedule subject to change.
Center closes at 9 pm. Rixse pool closes at 8:45 pm.
Updated March 13, 2015

	Rixse Pool Schedule											
	Spring											
	Friday											
Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW		
6:00						Marlins						
6:30						Swim Team	5 5					
7:00						6:00 - 7:30	6:15- 7:15 am Masters					
7:30						am						
8:00												
8:30												
9:00		_	Aqua aerobi	CS								
9:30			00am-10:00a									
10:00			Totalii Totodalii									
10:30												
11:00						_		NVCC PE Class 11:00 am - 1:00 pm				
11:30						TCW PF	Classes					
12:00	Family	y Swim					- 3:00 pm					
1:00	4						2- April 13					
2:00												
2:30							1					
3:00					-							
3:30	Т	Therapeutic Rec 3:00-5:00 pm										
4:00								Marlin Swim Team 4:15 - 5:45 pm		TCW Water		
4:30										Polo 4:00 -		
5:00										5:30 pm		
5:30												

Please note: Schedule subject to change.
Center closes at 6 pm. Rixse pool closes at 5:45 pm.
Updated March 13, 2015

				Rixse	Pool Sc	hedule				
					Spring					
					Saturda	y				
Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW
8:00										
8:30	_						Deep wate			
9:00	_						exercise			
9:30	_						8:15a-9:15a			
10:00	_		Swim							
10:30	_		8:00an	n-1:00pm						
11:00 12:00	4									
1:00	_							+		0
2:00						<u> </u>		\//E /\	quatics	Scuba & Lifeguard
3:00	-								3:30 pm	Training
4:00						1		Parklawn		classes
4:30	- Family	Swim & Swin	n Parties					3:30- 5:30		
5:00								pm		
6:00										1
					Sunday			-		
Hours	Ramp	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	DW
8:00										
9:00										
10:00	_	Swim Classe								
11:00	9:0	00am-12:00	pm		oo Swim Tea			_		Scuba,
12:00				11:00 am - 12:00 pm				Potomac Marlins		Diving Team &
1:00									Swim Team	
2:00								12:30-2:00 pm Dowden Terrace Team		Lifeguard Training classes
3:00 4:30	Family	Swim & Swin	n Parties							
4:00						+		2:3	2:30-4p	
5:00								Masters		
6:00								4:30-5:45 pn	n	
0.00	1. 0.1	 						1.00 0.40 μι		

Please note: Schedule subject to change.
Center closes at 6:00pm. Rixse pool closes at 5:45pm.
Updated March 13, 2015